# List of Ingredients Needed to Make Every Cookbook Recipe

*This list names the ingredients needed to make EVERY recipe in your Food Hero cookbook.*

## Pantry Items
- Baking powder
- Baking soda
- Basil
- Broth or bouillon
- Chili powder
- Cinnamon
- Cornstarch
- Cream soup, condensed
- Cumin
- Garlic (powder or cloves)
- Honey
- Italian salad dressing
- Lemon juice
- Margarine or butter
- Mustard (dry or prepared)
- Oil
- Oregano
- Paprika
- Parsley (fresh or dried)
- Pepper
- Salt
- Soy sauce
- Sugar (brown and white)
- Vanilla
- Vinegar (any type)

## Vegetables
- Asparagus
- Beans (canned or dry)
- Bell pepper
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Cilantro
- Corn
- Enchilada sauce
- Green onions
- Mild green chiles
- Olives (black, canned)
- Onion
- Potatoes (regular and sweet)
- Pumpkin (canned)
- Salsa
- Spaghetti sauce
- Spinach
- Tomato sauce
- Tomatoes (fresh or canned and diced)

## Grains
- Bread
- Cereal
- Flour
- Pasta (lasagna noodles)
- Pasta (shells, macaroni or rotini)
- Oats (quick and old fashioned)
- Tortillas (whole-wheat or corn)
- Rice

## Protein
- Chicken breast
- Eggs
- Ground beef (15% fat)
- Tofu

## Dairy
- Buttermilk
- Cheddar cheese
- Cottage cheese
- Milk
- Mozzarella cheese
- Parmesan cheese
- Sour cream
- Yogurt (plain and vanilla)

## Fruit
- Apples
- Applesauce
- Bananas
- Berries (any type, fresh or frozen)
- Dried fruit, like raisins
- Juice (100% fruit)
- Peaches or pears (fresh, frozen or canned)
- Pineapple (canned)

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The recipes in this cookbook are designed to be flexible so that you can use the ingredients you have on hand. This list names all of the fruits and vegetables mentioned in the recipes along with the cookbook pages where you can find them.

### Vegetables
- Asparagus ........................................ 30
- Avocado ........................................... 19, 20, 24, 27
- Beans (canned or dry) ......................... 15, 17, 18, 19, 20, 21, 23, 24, 25
- Bell pepper ......................................... 16, 18, 25
- Broccoli ........................................... 18, 25, 26, 27, 30
- Brussels sprouts .................................. 30
- Carrots .............................................. 7, 16, 25, 26, 30
- Cauliflower ......................................... 18, 29, 30
- Celery ............................................... 26
- Cilantro ............................................. 19, 20, 24, 37
- Corn .................................................. 18, 19, 20, 24, 27
- Cucumber .......................................... 27, 32
- Enchilada sauce .................................... 24
- Garlic (powder or cloves) ...................... 17, 21, 22, 23, 24, 25, 26, 28, 30
- Green onions ....................................... 19, 20, 24
- Mild green chiles .................................. 17, 21, 24
- Olives (black, canned) ............................ 19, 24, 27
- Onion ................................................ 17, 18, 21, 23, 26
- Peas .................................................. 25
- Peppers (sweet or hot) ........................... 20
- Potatoes (regular or sweet) ..................... 19, 30
- Pumpkin (canned) ................................. 7, 8
- Salsa ............................................... 19, 24
- Spaghetti sauce .................................... 23
- Spaghetti squash .................................. 22
- Spinach ............................................. 22, 24
- Tomato sauce ...................................... 8, 26
- Tomatoes .......................................... 16, 18, 20, 21, 22, 26, 27
- (fresh or canned and diced) 
- Zucchini ........................................... 7, 18, 20, 26

### Fruits
- Apples .............................................. 5, 7, 10, 11, 12, 14, 16, 32
- Applesauce ........................................ 10
- Bananas ........................................... 7, 8, 10, 12, 14, 16
- Berries .............................................. 6, 7, 10, 11, 13, 14, 16, 32
- (any type, fresh or frozen)
- Citrus (lemon, lime or orange) .................. 9, 10, 16, 32
- Cranberries ....................................... 5, 9, 10, 12
- Dried fruit, like raisins, cranberries or apricots .. 5, 9, 12
- Juice (100% fruit) ................................. 8
- Kiwi .................................................. 32
- Peaches ............................................ 11, 13, 14
- Pears ............................................... 11, 12, 14, 16
- Pineapple (canned) ............................... 8, 14